

**MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 4/1/2022)**

<i><b>MONDAY - FRIDAY</b></i>		
<i><b>ACTIVITY</b></i>	<i><b>TIME</b></i>	<i><b>LOCATION &amp; REQUIREMENTS</b></i>
BILLIARDS	9:00 a.m. - 3:00 p.m.	Pool Room
BOCCE BALL	9:00 a.m. – 3:00 p.m.	Courtyard
CARDS AND GAMES	To be determined	Game Room
COMPUTER LAB	see posted schedule	Room C
EXERCISE EQUIPMENT	9:00 a.m. - 3:00 p.m.	Courtyard
LENDING LIBRARY	9:00 a.m. – 3:00 p.m.	Media Room
LUNCH PROGRAM	11:45 a.m. – 12:30 p.m.	Dining Room 1 (\$3.75 suggested donation) Reservation required, call (510) 747-7503.
PUTTING GREEN	9:00 a.m. – 3:00 p.m.	Courtyard
<i><b>MONDAY</b></i>		
<i><b>ACTIVITY</b></i>	<i><b>TIME</b></i>	<i><b>LOCATION &amp; REQUIREMENTS</b></i>
CREATIVE WRITING	11:30 a.m. – 1:30 p.m.	Media Room (fee) (registration required)
DRAWING & PAINTING CLASS (July – Aug.)	12:30 p.m. - 3:30 p.m.	Skill Center (fee) (registration required)
GLASS & MOSAICS	9:00 a.m. – 12:00	Skill Center (fee) (registration required)
LEGAL ASSISTANCE FOR SENIORS (LAS)	To be determined	For assistance, call (510) 747-7506.
LINE DANCING - Beginning	12:30 p.m. – 2:00 p.m.	Social Hall (fee) (registration required)
MAH JONGG – All levels (volunteer instruction available)	12:00 - 3:00 p.m.	Game Room (registration/playing card required)
MASTICK VOLUNTEER WALKING GROUP	9:30 a.m. - 2:30 p.m.	Off-site (registration required)
QUILTING	9:30 a.m. - 11:30 a.m.	Room B (fee) (registration required)
QUILTING	1:00 p.m. - 3:00 p.m.	Room B (fee) (registration required)
SPANISH - Beginning	9:00 a.m. – 10:00 a.m.	Dining Room 2 (fee) (registration required)
SPANISH CONVERSATION - Intermediate	10:30 a.m. – 11:45 a.m.	Dining Room 2 (fee) (registration required)
<i><b>TUESDAY</b></i>		
<i><b>ACTIVITY</b></i>	<i><b>TIME</b></i>	<i><b>LOCATION &amp; REQUIREMENTS</b></i>
BOOK CLUB	12:15 p.m. - 1:30 p.m.	Virtual (registration required/link provided) (1 <sup>st</sup> Tuesday of the month)
CASE MANAGEMENT SERVICES	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
CERAMICS LAB	9:00 a.m. – 12:00	Skill Center (for enrolled students)
CERAMICS	1:00 p.m. – 3:00 p.m.	Skill Center (fee) (registration required)
CHAIR YOGA	10:45 a.m. – 11:45 a.m.	Social Hall (fee) (registration required)
CHAT ROOM: FINDING MEANING IN YOUR LIFE	9:30 a.m. – 10:30 a.m.	Virtual (registration required/link provided)
CONSUMER PRESENTATIONS	To be determined	(refer to monthly bulletin)
HICAP	To be determined	Office (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month - by appt.) ~ For assistance, call (510) 747-7506.
HULA 1	11:30 a.m. – 12:20 p.m.	Room A (fee) (registration required)
HULA 2	12:30 p.m. – 1:20 p.m.	Room A (fee) (registration required)
NEEDLECRAFT	9:30 a.m. – 11:30 a.m.	Room B
PODIATRY/BLOOD PRESSURE	To be determined	Media Room (3 <sup>rd</sup> Tuesday of month - by appt.)
QIGONG	10:00 a.m. – 11:00 a.m.	Room A (fee) (registration required)
SQUARE DANCE	To be determined	Room A (fee)
THRIFT SHOP	10:00 a.m. - 2:00 p.m.	Building next to Social Hall
TODAY’S WORLD	To be determined	Dining Room 2
TRANSPORTATION ASSISTANCE	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7513.
YOGA	9:00 a.m. – 10:15 a.m.	Social Hall (fee) (registration required)
ZUMBA GOLD – TONING	2:00 p.m. – 2:55 p.m.	Room A (fee) (registration required)
<i><b>WEDNESDAY</b></i>		
<i><b>ACTIVITY</b></i>	<i><b>TIME</b></i>	<i><b>LOCATION &amp; REQUIREMENTS</b></i>
AARP SMART DRIVER COURSE	9:00 a.m. – 1:30 p.m.	Dining Room 2 (fee) (registration required) ~ For assistance, call (510) 747-7500.
BALLROOM DANCE	To be determined	Room A (fee)
BLOOD PRESSURE – Fire Dept.	To be determined	Media Room (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of month)
BRIDGE PLAYERS	12:00 - 3:00 p.m.	Game Room (registration required)
CASE MANAGEMENT SERVICES	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
COMPUTER INSTRUCTION	see posted schedule	Room C (registration required)
CONNECTIONS SUPPORT GROUP	10:00 a.m. – 12:00	Room D (registration required) (3 <sup>rd</sup> Wednesday) ~ For assistance, call (510) 747-7500.
GLASS & MOSAICS	9:00 a.m. – 12:00	Skill Center (fee) (registration required)
GLASS & MOSAICS LAB	12:30 p.m. – 3:00 p.m.	Skill Center (for enrolled students)
DIABETES SUPPORT GROUP	10:00 a.m. – 12:00	Room D (registration required) ~ For assistance, call (510) 747-7500.
LINE DANCING FOR NEW BEGINNERS	9:30 a.m. – 10:30 a.m.	Social Hall (fee) (registration required)
LINE DANCING - Intermediate	11:00 a.m. - 12:30 p.m.	Social Hall (fee) (registration required)
MSCAB MEETING	9:30 a.m. – 10:30 a.m.	Room D (3 <sup>rd</sup> Wednesday of month) ~ For assistance, call (510) 747-7506.
NOTARY	1:30 p.m. - 3:00 p.m.	Office/Off-site ~ To make an appt., call (510) 747-7500.
PICKLEBALL	9:30 a.m. – 12:30 p.m. 6:00 p.m. – 7:30 p.m.	Lincoln Park (1450 High St.)
PILATES	9:00 a.m. - 10:00 a.m.	Hybrid (Virtual/Room A) (fee) (registration required)
SEWING & ALTERATION	To be determined	Room B
STRENGTH TRAINING & CARDIO	10:30 a.m. - 11:30 a.m.	Hybrid (Virtual/Room A) (fee) (registration required)
TABLE TENNIS	1:00 p.m. – 4:00 p.m.	Social Hall (free) (registration required)
TRANSPORTATION ASSISTANCE	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7513.

**MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 4/1/2022)**

THURSDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
ALZHEIMER’S CAREGIVER SUPPORT GROUP	10:00 a.m. - 11:30 a.m.	Virtual (2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of month) ~ For assistance, call (510) 747-7506.
BIRTHDAY CELEBRATION	12:30 p.m. - 1:00 p.m.	Courtyard/Dining Room 2 (registration required)
BOCCE BALL	1:00 p.m. – 3:00 p.m.	Courtyard (drop-in games w/ volunteer coaching)
BROWN BAG PROGRAM	9:00 a.m. - 10:00 a.m.	Delivery (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of month) ~ For assistance, call (510) 534-8540.
CASE MANAGEMENT SERVICES	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
CERAMICS LAB	9:00 a.m. – 12:00	Skill Center (for enrolled students)
CERAMICS	1:00 p.m. – 3:00 p.m.	Skill Center (fee) (registration required)
GREAT AMERICAN SONGBOOK	1:00 p.m. – 2:30 p.m.	Virtual (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of month) (registration required/link provided)
MUSIC APPRECIATION	1:30 p.m. - 2:30 p.m.	Dining Room 2 / Courtyard (4 <sup>th</sup> Thursday of the month) ~ To register, call (510) 747-7500.
NEW MEMBER ORIENTATION	10:30 a.m. – 12:00	Media Room (2 <sup>nd</sup> Thursday of month) ~ To register, call (510) 747-7500.
QUILTING	9:30 a.m. - 11:30 a.m.	Room B (fee) (registration required)
QUILTING	1:00 p.m. - 3:00 p.m.	Room B (fee) (registration required)
SCRABBLE	12:00 - 3:00 p.m.	Game Room (registration required)
TEENS TEACHING TECHNOLOGY	4:00 p.m. – 5:00 p.m.	Room C (3 <sup>rd</sup> Thursday of month) (registration required)
THRIFT SHOP DONATIONS	9:30 a.m. – 1:30 p.m.	Thrift Shop (donations accepted until full)
TRANSPORTATION ASSISTANCE	9:00 a.m. – 12:00	Office ~ To make an appt., call (510) 747-7513.
YOGA	10:00 a.m. – 11:15 a.m.	Social Hall (fee) (registration required)
ZUMBA GOLD	2:00 p.m. – 2:55 p.m.	Social Hall (fee) (registration required)
FRIDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
DRAWING & PAINTING LAB	9:00 a.m. - 11:30 a.m.	Skill Center (registration required)
DRAWING & PAINTING LAB	12:00 p.m. - 2:30 p.m.	Skill Center (registration required)
DRAWING & PAINTING CLASS (July – Aug.)	9:30 a.m. – 12:30 p.m.	Skill Center (fee) (registration required)
DRAWING & PAINTING LAB (July – Aug.)	1:00 p.m. – 3:00 p.m.	Skill Center (registration required)
EGYPTIAN FOLKLORIC DANCE	9:00 a.m. – 10:30 a.m.	Room A (registration required)
FABRIC ARTS LAB	12:30 p.m. - 3:00 p.m.	Room B
FRENCH - Intermediate Translation	10:00 a.m. – 10:45 a.m.	Room E (Feb. – April: located in Dining Rm 2)
FRENCH – Intermediate Conversation	11:00 a.m. – 11:45 a.m.	Room E (Feb. – April: located in Dining Rm 2)
GERMAN CONVERSATION - Intermediate	10:00 a.m. – 12:00	Virtual (registration required/link provided)
ITALIAN CONVERSATION - Intermediate	10:00 a.m. – 12:00	Virtual (registration required/link provided)
MAH JONGG - Experienced Players	12:00 - 3:00 p.m.	Game Room (registration/playing card required)
MOVIE CLUB	10:00 a.m. – 12:00	Virtual (registration required/link provided) (1 <sup>st</sup> Friday of the month)
MOVIE MATINEE	To be determined	Dining Room 2
SHAKESPEARE DISCUSSION GROUP	1:30 p.m. – 3:30 p.m.	Virtual (registration required/link provided)
SATURDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
PICKLEBALL	9:30 a.m. – 12:30 p.m.	Lincoln Park (1450 High St.)
THRIFT SHOP	10:00 a.m. - 2:00 p.m.	Building next to Social Hall

**An automatic \$15 processing fee is charged when a participant withdraws and/or transfers from ANY class or program before the start date. For more information, refer to the Alameda Recreation and Park Department (ARPD) Activity Guide.**

**For additional information, please call (510) 747-7500.**

***Program dates, times, and locations subject to change.***